

# Government and Official Resources

## 1. Federal Trade Commission (FTC)

- **Website:** <https://consumer.ftc.gov/>
- **Description:** Offers extensive information on privacy, identity theft, online security, and how to report fraud. The FTC also provides tips on avoiding scams and protecting personal information.

## 2. IdentityTheft.gov

- **Website:** [IdentityTheft.gov](https://www.identitytheft.gov/)
- **Description:** The U.S. government's one-stop resource for identity theft victims. It provides personalized recovery plans and step-by-step guidance.

## 3. Federal Bureau of Investigation (FBI)

- **Website:** <https://www.fbi.gov/how-we-can-help-you/scams-and-safety>
- **Description:** Information on common fraud schemes, including those targeting older adults, and tips on how to protect oneself.

## 4. Cybersecurity and Infrastructure Security Agency (CISA)

- **Website:** <https://www.cisa.gov/topics/cybersecurity-best-practices>
- **Description:** Provides cybersecurity tips, best practices, and resources to help individuals and organizations stay safe online.

## 5. Federal Communications Commission (FCC)

- **Website:** <https://www.fcc.gov/general/online-safety-0>
- **Description:** Offers guidance on protecting personal information, understanding wireless network security, and avoiding online fraud.

## 6. US Senate Special Committee on Aging Fraud

- [https://www.aging.senate.gov/imo/media/doc/2024\\_fraud\\_book\\_english.pdf](https://www.aging.senate.gov/imo/media/doc/2024_fraud_book_english.pdf)
- [https://www.aging.senate.gov/imo/media/doc/fraud\\_brochure\\_english.pdf](https://www.aging.senate.gov/imo/media/doc/fraud_brochure_english.pdf)

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## Nonprofit Organizations and Educational Resources

### 6. AARP Fraud Watch Network

- **Website:** <https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>
- **Description:** Provides up-to-date information on scams targeting older adults, a scam-tracking map, and resources for prevention and reporting.

### 7. National Cyber Security Alliance (NCSA)

- **Website:** <https://staysafeonline.org/>
- **Description:** Offers comprehensive guides on online safety, privacy, and security for individuals, including tips tailored for seniors.

### 8. Cybercrime Support Network

- **Website:** <https://fightcybercrime.org/>
- **Description:** A nonprofit organization providing support for cybercrime victims, including resources on recognizing and reporting cybercrime.

### 9. Get Safe Online

- **Website:** [GetSafeOnline.org](https://www.getsafeonline.org/)
- **Description:** A resource offering practical advice on how to protect yourself, your computers, and mobile devices against fraud, identity theft, and other online problems.

### 10. National Institute on Aging (NIA)

- **Website:** <https://www.nia.nih.gov/health/safety/beware-scams-targeting-older-adults>
- **Description:** Provides advice specifically for older adults on how to stay safe online, including avoiding scams and protecting personal information.

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## Educational Tools and Interactive Resources

### 11. Google Safety Center

- **Website:** <https://safety.google/>
- **Description:** Offers tools and resources to manage your privacy and security across Google's products, including step-by-step guides.

## 12. Microsoft Security

- **Website:** <https://support.microsoft.com/en-us/security>
- **Description:** Provides tips and resources for staying safe online, protecting your devices, and safeguarding personal information.

## 13. Online Privacy and Security

- **Website:** <https://consumer.ftc.gov/identity-theft-and-online-security/online-privacy-and-security>
- **Description:** Managed by the FTC, this site offers practical tips from the federal government and the technology industry to help you stay on guard against internet fraud and secure your computer.

## 14. Phishing Quiz by Jigsaw

- **Website:** <https://phishingquiz.withgoogle.com/>
- **Description:** An interactive quiz that helps users learn how to identify phishing emails and avoid scams.

## 15. Have I Been Pwned

- **Website:** <https://haveibeenpwned.com/>
- **Description:** Allows users to check if their email addresses have been compromised in a data breach.

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# Guides and Tutorials

## 16. Social Media Privacy Settings

### Facebook Privacy Checkup

- **Website:** [https://www.facebook.com/help/443357099140264?\\_rdr](https://www.facebook.com/help/443357099140264?_rdr)
- **Description:** A tool to help you review and adjust your privacy settings on Facebook.

### X (Twitter) Privacy and Safety

- **Website:** <https://help.x.com/en/safety-and-security>
- **Description:** Guides on how to control your privacy and safety on X.

## 17. Device Privacy Settings

### Apple Privacy Settings

- **Website:** <https://support.apple.com/en-us/102515>
- **Description:** Information on how to adjust privacy settings on Apple devices.

### Android Privacy Settings

- **Website:** <https://www.android.com/safety/privacy/>
- **Description:** Guides on managing privacy settings on Android devices.

## 18. Browser Privacy Settings

### Google Chrome

- **Website:** [https://safety.google/intl/en\\_us/chrome/](https://safety.google/intl/en_us/chrome/)
- **Description:** Instructions on managing privacy settings in Chrome.

### Mozilla Firefox

- **Website:** <https://support.mozilla.org/en-US/topics/privacy-and-security/firefox>
  - **Description:** Guides on enhancing privacy and security in Firefox.
  - <https://foundation.mozilla.org/en/privacynotincluded/>
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## Security Tools and Software

### 19. Password Managers

#### LastPass

- **Website:** <https://www.lastpass.com/>
- **Description:** A password manager that securely stores your passwords and personal information.

#### Dashlane

- **Website:** <https://www.dashlane.com/>
- **Description:** Offers password management and secure digital wallet services.

### 20. Virtual Private Networks (VPNs)

#### ExpressVPN

- **Website:** <https://www.expressvpn.com/>
- **Description:** A VPN service that encrypts your internet connection for enhanced privacy.

## NordVPN

- **Website:** <https://nordvpn.com/>
  - **Description:** Provides secure and private access to the internet with advanced encryption.
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## Books and Publications

### 22. "The Senior's Guide to Cyber Safety"

- **Author:** CyberScout
- **Format:** Free downloadable PDF
- **Website:** CyberScout Resources
- **Description:** A comprehensive guide covering the basics of cyber safety for seniors.

### 23. "Protecting Yourself Online: The Definitive Resource on Safe Internet Use"

- **Author:** Graham Cluley
- **Format:** Book
- **Available At:** Libraries or bookstores
- **Description:** Provides practical advice on staying safe online, suitable for all ages.

### 24. "Digital Literacy for Seniors"

- **Author:** Nancy C. Muir
  - **Format:** Book
  - **Available At:** Libraries or bookstores
  - **Description:** Helps seniors navigate the digital world confidently and safely.
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## Local Resources and Community Programs

### 25. Public Libraries

- **Services:** Many libraries offer free classes on internet use, online safety, and computer skills.
- **Action:** Check your local library's website or visit in person to learn about available programs.

### 26. Senior Centers

- **Services:** Senior centers often host workshops and seminars on technology use and online security.

- **Action:** Contact your local senior center for schedules and resources.

## 27. Tech Support Hotlines

- **AARP Technology Support**
    - **Phone:** Check the AARP website for contact information.
    - **Services:** Provides tech support and resources for seniors.
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## Online Safety Checklists and Handouts

### 29. "Protect yourself from online scams and attacks by Microsoft

- **Website:** <https://support.microsoft.com/en-us/office/protect-yourself-from-online-scams-and-attacks-0109ae3f-fe61-4262-8dce-2ee3cd43bac7>
- **Description:** Tips on recognizing and avoiding scams.

### 30. "Internet Safety Tips for Seniors" by ConnectSafely

- **Website:** <https://connectsafely.org/seniors-guide-to-online-safety/>
  - **Description:** A guide offering safety tips tailored for older adults.
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## Identity Theft and Fraud Prevention

### 31. Fraud Alerts and Credit Freezes

#### Equifax

- **Website:** <https://www.equifax.com/personal/credit-report-services/credit-freeze/>

#### Experian

- **Website:** <https://www.experian.com/freeze/center.html>

#### TransUnion

- **Website:** <https://www.transunion.com/credit-freeze>
- **Description:** Placing a freeze on your credit reports can prevent identity thieves from opening new accounts in your name.

### 32. Annual Credit Reports

- **Website:** [AnnualCreditReport.com](https://AnnualCreditReport.com)
  - **Description:** Access your free annual credit reports from Equifax, Experian, and TransUnion to monitor for suspicious activity.
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## Online Privacy Tools

### 33. Privacy Badger

- **Website:** <https://privacybadger.org/>
- **Description:** A browser extension by the Electronic Frontier Foundation that blocks trackers and helps protect your privacy online.

### 34. HTTPS Everywhere

- **Website:** <https://www.eff.org/https-everywhere>
- **Description:** A browser extension that encrypts your communications with many websites, making your browsing more secure.

### 35. DuckDuckGo Privacy Essentials

- **Website:** <https://chromewebstore.google.com/detail/duckduckgo-privacy-essent/bkdgflcdnnnapblkhphbgpggdiiikppg?hl=en>
  - **Description:** Tools that block hidden trackers and help you search privately.
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## Reporting and Assistance

### 36. Internet Crime Complaint Center (IC3)

- **Website:** [IC3.gov](https://www.ic3.gov)
- **Description:** A partnership between the FBI and the National White Collar Crime Center for reporting internet crime.

### 38. National Elder Fraud Hotline

- **Phone:** 1-833-FRAUD-11 (1-833-372-8311)
  - **Description:** Operated by the Office for Victims of Crime, this hotline provides support to those who have experienced elder fraud.
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